# THE TIMES DAILY MAGAZINE PAGE

## Budget Plan of Meals Saves Time, Worry, and Money As Well As Health

Nutriment and Variety Can Be Secured by Careful Consideration of Dietary Standards in Working

because of the lack of two eggs in the pantry.

Fifth another advantage of balanced meals, especially for the woman who does her own work, is that it permits her to plan meals which will use the same fuel and the same utensils at the same fuel me. That is an extend but the same

fuei and the same utensils at the same time. That is, a careful budgeting of meals will give us one roast dinner in which everything, including meat, soup, vegetables, and dessert, can be cooked in the oven. Similarly, a boiled dinner can have all the vegetables either boiled or steamed, thus saving fuel.

Banish Inefficiency.

Then, under the budgeting idea

woman plans her cooking care-

he has received any assistance. The author of the sketch must evidently be the exceptional man who did real-

In spite of this, I think the author's

proportions are a little overdrawn, for I do believe that there are just as many proposals where the woman

as many proposals where the woman does not do any of the proposing as there are when she does. All proposals do not result in a "yes" from the girl. When one considers the cases where the attentions of the man are not encouraged and the girl refuses to marry him I am sure the author's figures would not be borne out.

Miss saurie will scalcome letters of in-

quiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

Editorial For

Women

Influence of Washington Women.

N estimating the influence of

that which does or could ema-

nate from the Capital City, the

part which Washington, women

could play in the national housekeep-

"The word has but to go forth

from Washington," says Vogue, the

fashion magazine, editorially, "and

a reform could be accomplished in

The specific reform which is men-

tioned is that which concerns the

habit of the Federal Government

in quartering the offices of the mi-

nor official business, in premises

"often shabby, sometimes dirty, and

The contention is made that if the

broom were laid to civic housekeep

ing, through the proper upkeep of

Federal buildings and offices, civic

cleanliness would follow as a matter

Here is a duty for the Federation

of Women's Clubs. The editorial

mentions specifically postoffices, re-

cruiting stations, and revenue offi-

ces. There are ways and ways to

do the deed, and as long as the con-

tention is continually made that women do not need the vote in order to try out little problems such as

ington, the voteless city is no reason

Washington women are no worse off than the women of many States of

the Union in this respect. Voteless-ness is no excuse for the cessation of all mental activity on the part of

One-half of the population of think-ng women will perhaps leave the

why not prove it one way

they should languish in the

mental apathy as do the men.

now and then actually squalid."

ing should not be overlooked.

three months."

of course.

bousehold expenditures, food, and cloth-But I think this particular subject of "budgeting" meals, as I call it, is fully as important and just as possible of development as budgeting finances.

should be planned in advance and their costs estimated. Very few of us as yet do more than order from day to day, but if we stop to think of it this is really inefficient, because it repeats every day something that might just as well be done once a week, and such a meal-to-meal plan does not give us the various advantages of the budgeted

meal idea.

The first thing in budgeting our meals is to plan the menus for a week ahead. In doing this we will, or should, think of the "balanced meal"—that which will give us the most nutriment and variety for the least expense, as well as those foods which will be in season.

Dietary Standards. Is our meal planned with a reference to dietary standards? Do we have two

starchy vegetables, potatoes and parsnips? Do we have meat and a rich egg dessert? Such unwholesome com-binations of food will not be possible if we plan our meals in advance, be-cause more careful planning means more scientific meals.

Second, budgeted meals will help us to be economical because it will enable us to make out a "purchasing sheet" of the supplies necessary for making up all the menus for the entire week. That is, we will estimate about how many eggs, how many pounds of butter, how many bunches of vegetables and how much of each meat we will need to work out our menus. With such a list before us we can very much more adequately buy in large quantities, and hence save money. This is particularly true with regard to buying staples.

Third, the budgeting plan gives us the advantage of never being without something with which to develop our meal. How much time we have often lost rearranging our meals because at the last moment we found we were "out" of a cup of this or a pound of that, so that we had to change the entire weak would not need, are phases of housekeeping inea a fully, so that the same utensils could be interchanged. That is, it saves a great deal of time to make inayonause, prune whip, and a gelatine dessert to-gether, because the same bowls, egg-ther, because the same bowls, egg-then, Second, budgeted meals will help us

Dear Annie Laurie: I met s young man a short time ago and he has called upon me but one time. It has been a long time since I have seen him, but the first time I met him I knew that he was my ideal. Please

me how I can win his affec-

suppose that, if we were living five

centuries ago I could send a little

love philter for you to give the un-

suspecting object of your adoration,

and everything would come out all

right. However, living in the Twen-

tieth Century, the sad fact remains

that I cannot fulfill your heart's de-

sire, but I can say that you are a

very foolish girl to go into raptures

over a man who does not appear to

return your sentiments in the least

Dear Miss Laurie-I am a girl of

eighteen and have been going with

young man of twenty-one. About

two months ago he was called away

as his father was very ill. I am en-gaged to him. A few days ago I received a letter from him and the

stamp was at the bottom of the let-ter at the left side. Please give me some advice about this.

A TROUBLED READER.

I have searched through the

"stamp flirtation" in vain in the en-deavor to find out what your flance might have meant by placing the stamp where he did. At last I have

is any hidden meaning you will have to ask him to explain it. I really don't see any cause for you to be troubled about it, though.

young girl sixteen years old I

go with a boy who is twenty years old and am deeply in love

with him. I know he cares for

me because he has said so, but he

Of course you are entirely too young to think about getting married just yet and, to tell the truth, I think that he is, too. If he's the

I think that he is, too. If he's the light sort, he will be willing to wait until you are older. What does a bild like you know about home-making? Are you able to do all the

cooking and the mending and house-

cleaning? I don't think the wearing strain of housework would be the

best thing, for you, young as you

are.
Try to prepare yourself for mar-riage by learning to be a real home-maker. When you are twenty-one you ought to be well prepared to

Dear Annie Laurie-Last week

at a local theater there was a sketch in which the thought was conveyed that in nine times out

of ten it is the woman that pro-poses. The young man that I was with was of the same opinion, and I opposed him in the argu-tient I should like to hear what

you ought to be well prepa manage a home of your own.

vise me what to do.

s talking about marriage, and think I am too young to think bout it. I wish you would ad-

G. F. S.

to the conclusion that if there

AWS A MASSY," as Aunt

Miranda would say, what

sort of a magician do you

think I am, Red Top? I

ADVICE TO GIRLS

By Annie Laurie

Miss Pankhurst Sees Capital As Center of German Interests

eral months ago, still open for disceased.

fusal to violate its own neutrality by placing an embargo on the export of munitions of war.

But owing, no doubt, to that pre-American pressure on other points. Can we be surprised at that when our own Government has been so lenient in dealing with German in-terests since war broke out?

In a direct message to the British public, George Harvey, president of the great American publishing firm of Harper Brothers, and editor of

we must also prevent cotton grown in Egypt and India from reaching the enemy. For such cotton has reached the enemy!

by American readers of the Suffragette. The first savs:

in 1914 a surplus amount States to sell Holland and Sweden American cotton for German and Austrian account. This is a case where equality is equity.

band of war, and is not included in

But since it has now become the principal material for the manufacture of explosives, it is clearly withand the allies to prevent its export to Germany and it is surprising that they have not already done so. I do not wonder that the Germans

Two reasons have been given for The first was: Cotton was of little importance in

the manufacture of explosives. Germany had plenty of cotton Germany could use cotton raga



MISS CHRISTABEL PANKHURST

originated and spread by German intriguers who have managed to de-ceive us, not only, as Lloyd George tells us they did, before the war tells us they did, before the war on the question of their aggressive policy as a whole, but also since the war, in regard to such a question as cotton and their need of it.

In this connection take, in addition to the testimony of our scientists, this bit of information and advice from a neutral who, writing in the Daily Mail, says:

"But your chief chance of punishing Germany is to stop cotton. I do not believe that Germany is yet short of cotton. What Germany cannot get otherwise, if you stop it, is enough cotton. Ammunition-making in Germany is such a common industry that almost everyone knows something about it. One has only got to mention the word baumwolle (cotton) to see a shadow of anxiety pass over the face of anybody connected with the ammunition industry. On the other hand, they have been getting it in immense quantities business. They have plenty, but they are using plenty. "Take my advice as a neutral

papers tell us of statements made by the government as to steps now being taken to deprive Germany of cotton, but as the order in council issued on March 11 did not pre-

What Matters It? were dark.
And black the night, and tense? And for for recompense!

Up rugged slopes we fare? And sweeten all the air?

Thick strewn with many a thorn; But oh, the joyance of the noontide

And rosy smile of morn Full oft the footsteps falter in the And slacken near the goal

And cheers the fainting soul. And so what boots it though the skies are dark. And black the night, and tense,

Since morning brings the singing of the lark

And joy for recompense? pays For winter's storm and sting;

vent huge quantities of cotton from vent huge quantities of cotton from subsequently reaching Germany, the public is still desperately uneasy.

The latest concessions to "American" interests in respect of trade in commodities in general are not reassuring and mean that we are not deriving the full benefit of our seapower, while Germany not only fully uses and, indeed, abuses, her power on land, but also abuses what power on land, but also abuses what power

on land, but also abuses what power she has under the sea!

It is true that by permitting exports to Germany from the British Isles and from India and Egypt we have weakened our case for registing appeals based on "American" interests, but now, better late than never, is the time for strength and no compromise in all directions. We are fighting for America as well as for ourselves and Americans know it. The Germans know it, too, an dihat is one reason why they are using their power in American to weaken us in the name of "American interests." of "American interests?"

If Great, Britain were conquered or even weakened then America would be open to German attack and the Monroe Doctrine and all it

American Admiral Mahan knew that and said it when the war broke out. Unhappily he has since died and cannot renew his warning!

Therefore when President Wilson helps to suply Germany by protesting in the name of American in-terests against British action, he, as well as compromisers in our own is committing national suicide

#### Seen In The Shops

D LUEBIRD pot-pourri jars look just as pretty as they sound. They are white, with the gay bluebirds flying all over them, and the price is 50 cents at an F street hardware store.

Coat drasses, so popular a couple of seasons ago, are to be revived along with princess dresses, wide skirts, and other relics of gone age. Dresses of a material resembling bath towling, in rose of tan with a white nub, and trimmed tan with a white nub, and trin with black velvet buttons, belt collar-bow are \$2.95 at an Eighth street department store.

For 50 cents one may acquire a white kid belt with a colored sucde buckle and a checkerboard design of suede and kid. Tan and white, green and white, and gray and white are the colors represented

Nearly every girl covets one of the pretty smocks that have been kid-naped from artist life and hold much of its allurement. They are pretits allurement. They are pretchief linen, with smocking of con-trasting colors at the throat and cuffs. In addition to the omnipresent white, smocks may be had in rose, copper, green and orange, with the smocking in contrasting colors. The price of tyese is \$7.50.

(Information giving the names of shops which carry the articles referred to in these columns will be furnished on request. Kindly mention date of issue when possible, and address "The Shopper.")

but so gradually, there's not slightest hurt or inconvenience. I the stubbornest freckles are affec

## Bites of Insects Should Be Immediately Treated As Any Other Wound

By DR. LEONARD KEENE HIRSHBERG, (Copyright, 1915, by Newspaper Feature Service, Inc.)

HERE are few persons at this insect pests to come under notice is the moment who will stand sponsor "ligger." "chigger," or if you are a pundit and prefer it, "leptus irritans." Time was when entomologists, bug-doctors, and parasitalogists could not be convinced that "liggers" were a mentier war upon the plague of common their war upon the plague of common flies, and not even anti-vivisectionists be mitted into the flies, and not even anti-vivisectionists and anti-vaccinationists have as yet list of unhappy hooligans, which de-claimed that the fly has a soul or is innocent of scraping its dirty, germladen feet over a vaccination mark, thus to be the origin of the bloodpoisoning and lockjaw rashly and illogically blamed on the vaccine.

Unhappily, this unanimous conviction of "musca domestica" stops just
there. It should go much farther. The
condemnation must be extended to the
little, hovering, fluttering fruit fly,
which hangs around the banana basket, the apple bowl and the fruit tree.

"Drosophela"—the fruit fly—is one
of the most interesting and tamest
of little flies. Alike to the naturalist,
the poet and the housekeeper, it has
hitherto escaped with barely a hygienic slap upon the wrists. Yet it is
a vandal to health and happiness.

The Irritating Jigger.

It, they leap from the blades and twigs
upon the clothing, to which they attach
themselves by their forepaws. Soon or
late, they crawl into the skin, where
they burrow down into the perspiratory
themselves by their forepaws. Soon or
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themselves by their forepaws. Soon or
late, they crawl into the skin, where
they burrow down into the perspiratory
themselves by their forepaws.
Furthermore over and above these inquisitorial torments, if they happen to
have hopped from the Scylla of a susceptible one, the jiggered victim will
fall ill. The modicula of venom of the
figger nips you much after the fashion
of the female mosquito.

The blief of a fiel a sandfily, a gnat,
attended to the read the burnow down into the perspiratory
there or a suspictory
themselves by their forepaws. thus to be the origin of the blood-

ble mites have been admitted into the Found upon the tips of foliage and grasses, in harvest season and out of it, they leap from the blades and twigs upon the clothing, to which they attach themselves by their forepaws. Soon or late, they crawl into the skin, where

The Irritating Jigger.

The fruit fly visits the sick chamber and the hospital bed by virtue of the fruits it clings to it gathers up to find the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to it gathers up to the fruits it clings to the fruits the fruits the fruits the fruits it clings to the fruits the the fruits it clings to, it gathers up tubercle bacilli and typhoid microbes, when evil-doers of the other fly tribes have bee ndriven out. The fruit fly carries more mischief in smaller compass than a score of stable flies and housefiles combined.

One of the newest of the inexorable monia or baking soda. That bane of parasites of all kinds, white precipitate cointment, should be massaged vigorously into the affected spot. Citronella oil and naphtholene are odorous preventives in "ligger" districts. Such measures, however, are only temporary makeshifts, useful only as long as the vapors last.

hominy, oatmeal, macaroni, white and sweet potatoes, rice, beets, carrots, starches, parsnips, puddings, ples, cakes, all sweets, milk, alcoholic drinks, and mait liquors. Avoid water with meals. Get lots of exercise, short of fatigue.

Maid of My Heart. have no taste for the type that is

Nor for the one that's a-flutter with

Give me the maid that is mirthful and

April a-smile, though, she melt into

Hair like a halo, the hue of the mari-

gold: LiPs like the rose with its petals apart,

Though her wealth be but the glamour of fairy gold.

have no liking for hauteur or haughti-

Though it be gained in perfection of fit;

Rather a sauciness, rather a naughti-

Leavened with laughter and tempered

with wit! Eyes like the dawn when the May seems

a miracle— Hill slope and vale like a blossomy

chart-And a low voice like a brook that is

have no use for the maid who is mannish-like, Nor for the one with a face like a

Psaim: cannot cotton to one who is clannish-

like, Or who discourses on Buddha and

Give me the one who will never be

"blue" to me.

Just a dear comrade without any art:

-Clinton Scollard, in Judge

So she be winsome, and so she be true

She is the maid for my heart!

She is maid for my heart!

#### Answers To Health Questions

fatigue.

fears:

magical-

tears!

ness.

G. L. W.—Q. I am a girl of eighteen mutton, and chicken broth, free from and rather thin. What can I do to gain fat, all kinds of fish, lean beef, lean mutton, chicken, game, aspargus, cauli-

A Eat pienty of wholesome foods, sweets, pastries, candies, starches, spinach, carrots, plainly boiled Spanish onions, holled dandelions, potatoes, young peas, rice, rich gravies, clear soups such as beef, mutton and chicken, and vegetables with olive oil. Drink three quarts of distilled water daily—two glasses half of distilled water daily—two glasses haif an hour after meals. Take mild exer-cises in the open air daily, and I think you will soon notice some improvement in your weight. Short walks are also

Dr. Hirshberg will answer questions for readers of this paper on medical, hygienic and sanitation subjects that are to general interest. He will not undertake to prescribe or offer advice for individual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and advessed envelope is unclosed. Address all inquiries to Dr. L. K. Hirshberg, care of The Washington Times. J. C .- Q .- 1. When I open my mouth my right jaw cracks. It does not pain me at all, but is annoying. What can you recommend? 2. I also have a lump below the right jaw on the neck. There is one on the other side of the neck, but this one seems the larger. Is there anything that will rid me of it?

A.—i. This disturbance may be eliminated by massage and frequent movements of the mouth. Many people are bothered with this. It is not serious. 2. Have the tonsils, teeth, nose, throat. ears, scalp and skin examined for some inflamation which may be causing this.

A B.-Alexandria Q ove superfluous hair from my How may I reduce my weight? A.--1. Try the following powder carefully. When the hair reappears the treatment should be repeated:

Sodium sulphate...... 1 dram Quicklime pewder ..... 5 drams
Starch, crushed ..... 5½ drams
Make some of the powder into a paste.
Apply it with a flat stick and allow it
to remain for five or ten minutes, but and massage quince seed

test it at intervals. As soon as the half can be easily removed, wash it off quick parts, and glycerine, one part, into the reddened spot for three minutes. 2. Take a corpus luteum tablet after meals. Eat sparingly at all times beef,

# Book Reviews

A BIT O' LOVE-By John Galaworthy. Pub-lished by Charles Scribner's Sons, New York. Price, 60 cents net.

The action of the play takes place on a single day; the scene is laid in west of England village, and the play itself is the exquisite bit of work we have come to expect from the pen of the gifted author. The action centers around the figure of the curate of the little hamlet, a flute-playing, bird-loving, whimsical curate. His worthless wife has seen fit to go off with another man, and the scandal re sulting therefrom makes the little vil lage hum with gossip.

The character of the rector's wife is a wonderfully fine bit of satire, and the dry English wit in the second scene of the second act promises much merriment should the play fall to the lot of clever actors. There is a lovely little lyric em-

bodied in the play which must be God lighted the sun in heaven far, Lighted the firefly and the star— My hear: He lighted not! God lighted the fields for lambs to

God lighted the fields for lambs to play. Lighted the bright streams and the May— My heart He lighted not' God lighted the moon, the Arab's way, He lights tomores, and the heart way. He lights tomorrow, and today-My heart He hath forgot!

Ice Cream Weather Freezing Salt and

should keep on hand an am-ple supply of our Freezing Salt and Flavoring Extracts. Reliable goods-lowest prices -prompt delivery. Flavorings B. B. EARNSHAW & BRO. Wholesale Grocers, 11th and M sts. se.

#### TODAY'S BEAUTY AIDS

To clear up and whiten the skin and secure that charm of pink and white youthful freshness so much desired by all women you will find it far safer to rely upon a good face lotion rather than powder. To get rid of that shiny and muddy appearance in your complexion, dissolve four ounces of spurmax in one-half pint hot water, and add two teaspoonfuls glycerin. Apply this to your face, neck, and arms, rubbing gently until dry. This lotion does not show or rub off like powder and is much better. It is splendid for removing tan, freckles, pimples, and

sallowness. You can make a delightful shampoo for a very trifling cost if you get from your druggist a package of canthrox and dissolve a teaspoonful in a cup of hot water. Pour a little at a time on the scalp and rub briskly. This creates an abundance of thick, white lather that thoroughly dissolves and removes all dandruff, excess oil and dirt. After rinsing, the hair dries quickly, with a fluffiness that makes it seem heavier than it is, and takes on a rich luster and a softness that makes ar-

Chas. Schwartz and Son

## Announcement!

Chas. Schwartz & Son cordially invite your careful inspection of their new store at 708 Seventh St. N. W. (formerly Saks' Optical Company).

Inspect our complete stock of Diamonds, Jewelry, Watches, etc.—our Jewelry Repair Department—our Optical Department-our Clock and Watch Repair Department-everything to suit your convenience.

for class, age for age, that has been raised by Prof. Dana and other spe-cialists. All these things are bringing it about, therefore, that the sum-mer school in primary, secondary university grades, within and without college walls, variously disguised, has come to stay and promises to be To Overcome Sunburn, an increasing influence in our summer life. In other words, "summer schooling" is taking the place of Tan, Freckles, Wrinkles 'aummer fooling." If your skin is unduly reddened, freck-As an indication of the trend of led or tanned, dab a liberal amount of ordinary mercolized wax on the face things not only is the enrollment of the university's summer school gratifyingly larger. seventy-nine vacation Bible classes, with more than 7,000 pupils, tell elo-quently of another phase of the of-

ordinary merconses way on the late and allow it to remain over night. When you wash off the wax in the morning, fine flaky, almost invisible particles of cuticle come with it. Repeating this daily, the entire outer skin is absorbed. The underlying skin which forms the new complexion is so fresh and youth-ful-looking, you'll marvel at the transformation It's the only thing known to actually discard an aged, faded, muddy or blotchy complexion. One ounce of mercolized wax, procurable at

708 Seventh St. N. W. ranging it a pleasure.-Advt.

One-half of the population of think-ing women will perhaps leave the city for the summer months. Wher-ever they go, they will be no better or no worse off politically than they are now. So why should the fact that they may be strangers in a cerrent I should like to mee.
3 u think about this.
SUSIE. I think that it depends lergely upor the man. There are those who wou'l never ask the vital question tain locality bar them from a to clean up that particular any drug store, is sufficient in most tem of summer public school work would mean a revolution, that it is distinctly bad for the child to let its mind lie fallow all summer, is agreed upon by all educators. This long idleness is also in part responsible for the indictment of the educational lacks of the American child as compared with the European child, class After one has the evidence there unless they were urged along. This If sun and wind make you squint and have "nothing to do" during the summay be the case because the worsar is usually more self-possessed under is no finer place in the world than Washington in which to spend the mer months has easily become the frown, you're bound to cultivate wrinkhe and crows feet. To overcome these quickly, bathe the face in a solution made by dissolving an ounce of powderradical reform is under way is worth while. The "all-year-round schooling" cannot come too soon.—Philadelphia Public Ledger. ose circumstances than is the man winter patiently calling the attention When he gets in a muddle she helps him out of it so skilfully that in most cases he doesn't realize that of the public to the unmasked crime of disorderliness, laid at the door of the Federal Government. ed saxolite in a half pint with hazel-

English Suffragette Writes of Danger to America and Civilization in Letting Germans Secure Cotton. Out Food Schedules. America Open to German By MRS. CHRISTINE FREDERICK Attack If Great Britain Is (Copyright, 1915, by Mrs. Christine Frederick.) T have heard for some time a more unsatisfactory meal than was past about family budgets, a at first decided upon. Weakened, She Declares in Official Organ. Saving of Time. 'budget" meaning the apportioning of expenses in ad-for the various items of the There is no such thing as being 'out" of any supply under the budget-THIS ARTICLE is reprinted ed meal idea, and this in itself is a from The Suffragette, the great saving of time and annoyance to the housekeeper.

Fourth, it is the lack of the budgeted meal system and definite planning for a week ahead that has increased the enormous development of telephone ordering, than which there is nothing more wasteful and extravagant if carried to excess.

A reputable grocer told my the other day that some of his best customers order four or five times a day. This means increased delivery costs to him, and some way or other this cost has got to be made up—possibly in increased cost of the articles to you. But the budgeted plan prevents any such wasteful economics, and will not permit a whole dinner to be remodeled because of the lack of two eggs in the pantry. Pankhurat suffrage organ of to the housekeeper. July 2. An interview with Miss Pankhurst was printed on this page in January of this year in which she flatly denied having come to What do I meant? Merely that meals this country to create a war senti-The following article, however, picking Washington as the "chief battlefield" for German interests. and asking whether or not "we (England) are putting up a strong enough defense," leaves the question of her purpose in this country sev-

cussion. While the suffragettes are actually quiet in England, their militancy in theory has evidently not By CHRISTABEL PANKHURST. It is true that the United States Government has stood firm in the re-

dilection for compromise which is shared by many political persons in our own country, the United States Government has yielded to German-

In any case the fact remains that the concessions we have made and are making to "American" interests, are often if not always made to Ger-

man-American interest—which is to say German interests!
From genuine Americans as dis-tinct from German-Americans we have had plenty of encouragement to be firm and to use our sea power to the full in cutting off German supplies and in bringing the war to

of Harper Brothers, and editor of the North American Review, told us distinctly that so fer as American public opinion is concerned we could make cotton contraband! But, of course, besides doing that

If you will look up the trade in Egyptian cotton of Austria, Ger-many, Switzerland, and Italy during the year 1913 and during 1914, you will find that Switzerland and Italy took corresponding to the decreased amount taken by Austria and Ger-Thus England, in order to keep her hold on Egypt, allowed Italy and Switzerland to take for Austrian and German account all the Egyptian cotton needed in Austria and Germany. You will hardly expect the people of the United States to see England let Egypt sell cotton to Italy and Switzerland for German account and not allow the Southern

The second letter says: As I understand the matter, cot-ton has, like wool and other textile the list of contraband materials specified by treaties hitherto.

smile at your allowing them to pro-Scientific opinion is that by allowing cotton to reach Germany, we have prolonged the war, involved the country in a huge additional debt. of lives and risked the very life of

This gravely mistaken idea was

"But your chief chance of punish

getting it in immense quantities since the war began. The German habit of thinking ahead and storing up things has never been more plainly shown than in this cotton

friend and stop them getting any

What matters it that all the skies With morning came the singing of

What matter is that ever, day by Do not Love's roses blossom by the

Life's pathway is a tollsome one, I

But one clear bird song seems to lift the head

One day of golden summer amply

One brief hour of pleasure well out-Long weeks of sorrowing! -Richard Barunstein, in Farm and Home.

Summer Schooling vs. Fooling

The old idea that summer time in America was an indefinite vacation period with a few flirtations thrown in for youth and sheer idleness for the young is rapidly being knocked into the most dilapidated of cocked hats. The use of the schoolyards and buildings for part play and part instruction is only one phase of a movement, gathering force in certain advanced centers in conjunction with the recreation campaigns, that with the recreation campaigns, that looks to the very definite abandonment in the near future of the view that there must be a complete break of two months or more in the subtle of two months or more in the public school courses of study and sheer interruption of from three to four months in college and university

Physical, mental and climatic necessities have been advanced as the reason for the overlong vacation in the summer time. But the millions over school age have to endure the climate and carry on their own work and the burdens of their family with little let-up or respite, often under physical conditions in the daily grind that nearly approach torture that nearly approach torture.

Moreover, while any extensive system of summer public school work

fort to solve the summer educational problem. What with the familia Chautauqua gatherings at the parent center at Lake Chautauqua and elsewhere, it is plain American educational circles will very soon change the entire aspect of the school year. Climate or no climate, we are too easy going, since nothing is more prejudicial to mertal as well as moral discipline than the summer recess. Moreover, the fact that all